

# Needham Youth Services

## Fall and Winter Programs 2013 / 2014

**Programs for  
kids of all ages**

**Trainings for  
parents**

**Counseling  
Services**

**Workshops  
in schools**

**Community  
Presentations**



Michelle Butman (Needham Youth Services) teaches Needham youth about body image, media, and healthy relationships in the Extreme Looks program.

**Registration begins Monday, September 9, 2013**

**Registrations are accepted as follows:**

**In Person:** Monday - Friday, 8:30am - 5:00pm  
Needham Youth Services' Office

**Mail:** Needham Youth Services  
Needham Town Hall  
1471 Highland Avenue  
Needham, MA 02492

To learn more about Needham Youth Services  
or if you have questions, please call our office at **781-455-7500 x265**

For notification of upcoming programs, join our listserv at:

[www.needhamma.gov/youth/email](http://www.needhamma.gov/youth/email)

Or like us on Facebook at:

[www.facebook.com/NeedhamYouthServices](http://www.facebook.com/NeedhamYouthServices)

[www.needhamma.gov/youth](http://www.needhamma.gov/youth)



## Fall/Winter School Partnership Programs

Ask your child about these upcoming workshops at...

*Needham High School:*  
**Loss and Teen Dating Violence** seminars

*Pollard Middle School:*  
**Picture Perfect**  
workshop on gender roles & the media

*High Rock:*  
**Safe Surf Internet Program**  
workshop on friendship and cyber-bullying

*Elementary schools:*  
**Social skills** groups

## Counseling Services

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We accept referrals from the schools, courts, and parents.

**Substance Abuse Awareness Program:**  
An assessment, education, and intervention program, which takes an innovative approach to the topic of alcohol and drugs.

**Bullying Intervention Program:**  
Includes assessment, skill-building, and education. Participants gain an appreciation of the dangers of bullying and learn the skills needed to make mature and responsible decisions in the future.

Learn more about our counseling services at:  
[www.needhamma.gov/youth/counselingservices](http://www.needhamma.gov/youth/counselingservices).

## RAY of Hope Program

The RAY of Hope award (Recognize A Youth) is a monthly recognition of a youth who is giving back to the community and/or is a role model for their peers. The program has no age limit — kindergarten through high school...and yes, we have had recipients as young as 5 years old!

To learn more and/or to nominate a youth for "RAY" you can download a form online at: [www.needhamma.gov/youth/ray](http://www.needhamma.gov/youth/ray) or one can be obtained at the Needham Youth Services office.

# Fall/Winter Youth Programs

## Babysitter Training Course

We offer a Babysitter Training Seminar for new babysitters or for those with limited experience who desire a refresher class. The training is six hours and is offered as a three-day course. Students must be at least in the sixth grade and / or 11 years old to take the class.



**Dates:** Training 1: October 9, 16, 23  
Training 2: November 5, 12, 19  
Training 3: December 5, 12, 19  
(snowdate: January 2)

**Cost:** \$45 (waived in the event of financial need)

**Location:** Trainings 1 & 3 at High Rock (2:30 - 4:30pm)  
Trainings 2 at Pollard (2:45 - 4:45pm)

**Facilitator:** Meaghan Dupuis, LMHC

Additional sessions will be offered in the spring.  
Learn more at [www.needhamma.gov/youth/babysitting](http://www.needhamma.gov/youth/babysitting).

## Meet the Staff



**Jon Mattleman**  
MS Counseling  
Director  
[jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov)

**Katy Colthart**  
LICSW  
Social Worker  
[kcolthart@needhamma.gov](mailto:kcolthart@needhamma.gov)



**Adina Alpert, BA**  
Graduate Clinical Intern  
[aalpert@needhamma.gov](mailto:aalpert@needhamma.gov)

**Michelle Butman**  
LICSW  
Social Worker  
[mbutman@needhamma.gov](mailto:mbutman@needhamma.gov)



# Fall/Winter Parent Programs

## A Conversation...For Parents of Teens

Funded by the Needham Women's Club, this free program is limited to 8 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend any/all of the following evening meetings. Dinner will be provided. Additional sessions will be offered in the spring. Learn more at [www.needhamma.gov/youth/aconversation](http://www.needhamma.gov/youth/aconversation).



<b>Dates:</b> October 29	What a parent needs to know about teen risk-taking behaviors (e.g. drugs/alcohol)
December 3	Teen anxiety, depression, & suicide
February 4	Make peace (and not war) with your teen

**Cost:** Free  
**Location:** May-Chapel Room at Town Hall  
**Facilitator:** Jon Mattleman ([jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov))

(Registration for additional winter/spring  
"A Conversation..." programs opens in early January)

## QPR Suicide Prevention Training

The Needham Coalition for Suicide Prevention and Needham Youth Services are offering free QPR trainings. QPR (Question, Persuade, Refers) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Learn more at [www.needhamma.gov/youth/QPR](http://www.needhamma.gov/youth/QPR).

**Date:** November 19, 2013  
**Cost:** Free  
**Location:** Great Plain Meeting Room at Town Hall  
**Facilitator:** Jon Mattleman ([jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov))

(Registration for the March 18, 2013 QPR opens in early January)

## Patrick C. Forde Good Person Memorial Award

Named after Needham resident and community activist Patrick Forde, each year this award recognizes an adult in the community who has helped make Needham a better place for youth through his/her volunteer work.

Learn more at:  
[www.needhamma.gov/youth/fordeaward](http://www.needhamma.gov/youth/fordeaward)

### Please Nominate!

Forde Award recipients are nominated by members of the Needham Community, and we are looking for nominations for our next Forde Award recipient!

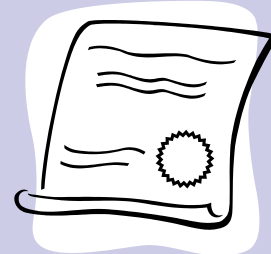
Nominated individuals must:

- 1) *Be a Needham resident*
- 2) *Be at least 21 years of age*
- 3) *Not be paid for their work with children, youth, and/or families for which they are being nominated*

Nominations will be accepted for the 2014 recipient until November 1, 2013. Nomination forms are available in the Youth Services Office and online at [www.needhamma.gov/youth/fordeaward](http://www.needhamma.gov/youth/fordeaward).

Once a recipient has been chosen, the public is invited to the:

**Award Ceremony**  
**January 27, 2014 at 5:00 PM**  
**Needham Public Library**



## Social Media

As we move deeper into the 21st century, technology and social media are becoming great outlets for communicating. Needham Youth Services is now on Twitter, Facebook, and YouTube! Check us out for program updates, helpful resources, as well as general mental health information.

Follow us on Twitter: @Needham\_Youth

Like us on Facebook: Facebook.com/NeedhamYouthServices

Subscribe to our YouTube channel: YouthServicesNeedham



# General Information

Most of our services are **Free** of charge



## Join our Email Listserv

If you are interested in receiving periodic updates of Needham Youth Services' programs that may be of interest to you and/or your children, please visit our website at [www.needhamma.gov/youth/email](http://www.needhamma.gov/youth/email).

## Payment

Most of our services are **FREE** of charge. If the program charges a fee, payment must accompany all registrations. Checks should be made payable to "Town of Needham - Youth Services".

## Fee Assistance

Financial aid is available to all Needham residents and Needham students. A letter requesting assistance must be submitted to the Director of Needham Youth Services at the time of registration. To learn more, please visit our website at [www.needhamma.gov/youth/fee](http://www.needhamma.gov/youth/fee).

## Course Confirmation

We will confirm registrations by phone, email, or mail. You will be notified if the program is full or cancelled and your payment will be refunded.

## Inclement Weather

It is our policy that if Needham Public Schools close due to weather, our programs will also be cancelled. Weather related cancellations will be posted on our website at [www.needhamma.gov/youth](http://www.needhamma.gov/youth).

## Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds will not be given; however, we will do our best to reschedule.

## Refunds

If you request to withdraw from a class with sufficient time to get a replacement, a refund may be issued. However, if the slot can not be filled, no refund will be issued. If you do not show up for a class, there is no refund. Refunds will be issued if Needham Youth Services cancels a program and/or you registered for a program and there are no openings.

## \$ Employment Program

The Employment Program assists young people in obtaining business and residential employment, as well as helping residents requiring help for around-the-house chores.

Youth ages 12 to 21 who want to work must register with us by completing a Job Registration Form and a Parent Permission Form. For those 18 years of age and under, a parent or legal guardian must co-sign these forms. Registration forms for youth may be obtained at our office or on the web at [www.needhamma.gov/youth/employment](http://www.needhamma.gov/youth/employment). There is no charge for a youth to sign up for our Employment Program.

Lists of all services offered by youth, such as babysitting, lawn mowing, and moving help, are available for a \$10 fee. These individual lists can be obtained daily at our office.

The Employment Program does not screen any applicants or individuals—we act simply as a clearing house and an information source.

For additional information please contact Jon Mattleman at 781-455-7500 x 265 or [JMattleman@needhamma.gov](mailto:JMattleman@needhamma.gov).

## What's Ahead in Spring 2014:



**Make a Statement Day** returns  
to Needham High on March 28, 2014

### Needham Unplugged March 2014

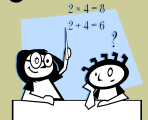
No homework/meeting night is  
March 13, 2014



Look for registration information in May 2014  
for the following 2014 / 2015 programs:



**VIP Program**



**Peer Tutor**



**Extreme Looks**



**Project VAN**

# Needham Youth Services Registration Form

(Please complete the entire form)

## PARTICIPANT INFORMATION

Participant's Name:

M/F DOB:

Address:

Zip Code:

Home Phone:

Cell Phone:

Email Address:

Grade & School:

## PARENT/GUARDIAN INFORMATION

Name:

Cell Phone:

Email Address:

## EMERGENCY INFORMATION

Name:

Relationship:

Phone:

Name:

Relationship:

Phone:

Allergies:

Medical Conditions:

## PROGRAM INFORMATION

Program Name

Session

Fee

Donation to Needham Youth Services:

\$

Total Amount :

\$

Make Checks payable to "Town of Needham — Youth Services"

### REQUIRED

#### Authorization of Participation

I, the undersigned parent/guardian of \_\_\_\_\_, give permission for my child to participate in a Needham Youth Services' program. In the event of medical emergency, I authorize the staff to seek medical attention as required. Further, I shall indemnify and hold harmless and hereby release, remise, and forever discharge the Town of Needham from any and all liability, suits, losses, cause of actions, damage arising or occurring out of participation in the abovementioned program and/or arising or occurring out of any said medical attention.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

### OPTIONAL

#### Authorization to Photograph/Videotape

I, \_\_\_\_\_, do hereby give permission to the Needham Youth Services to photograph/videotape me and/or my children as participants in a Needham Youth Services program. I understand that these photographs or the videotape may be used in one or all of the following ways:

As part of the Needham Youth Services' website regarding this specific program.

As an enclosure to letters sent to potential funding sources.

As part of an article in the Needham Times, Hometown Weekly, Boston Globe, Needham Patch, etc.

As a piece on the cable station which may also be posted on YouTube by the Needham Cable Channel.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Office Use Only:

Received \_\_\_/\_\_\_/\_\_\_

Check #:

Amt. \$ \_\_\_\_\_

Confirmation Sent \_\_\_/\_\_\_/\_\_\_